



# HELP!

**My child flees in  
social media or  
online gaming**





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# My Story



[www.digitalawareness.nl](http://www.digitalawareness.nl)

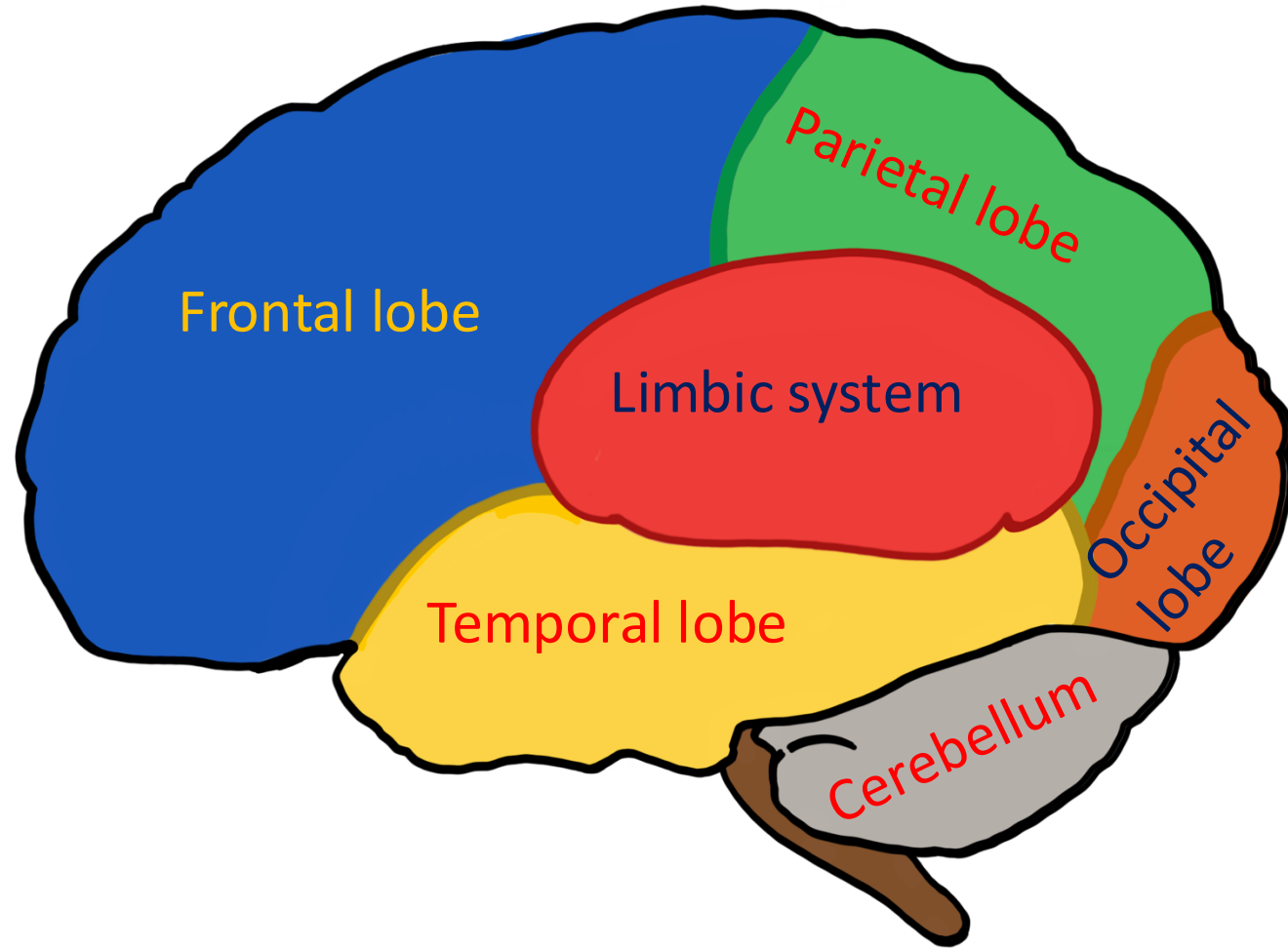




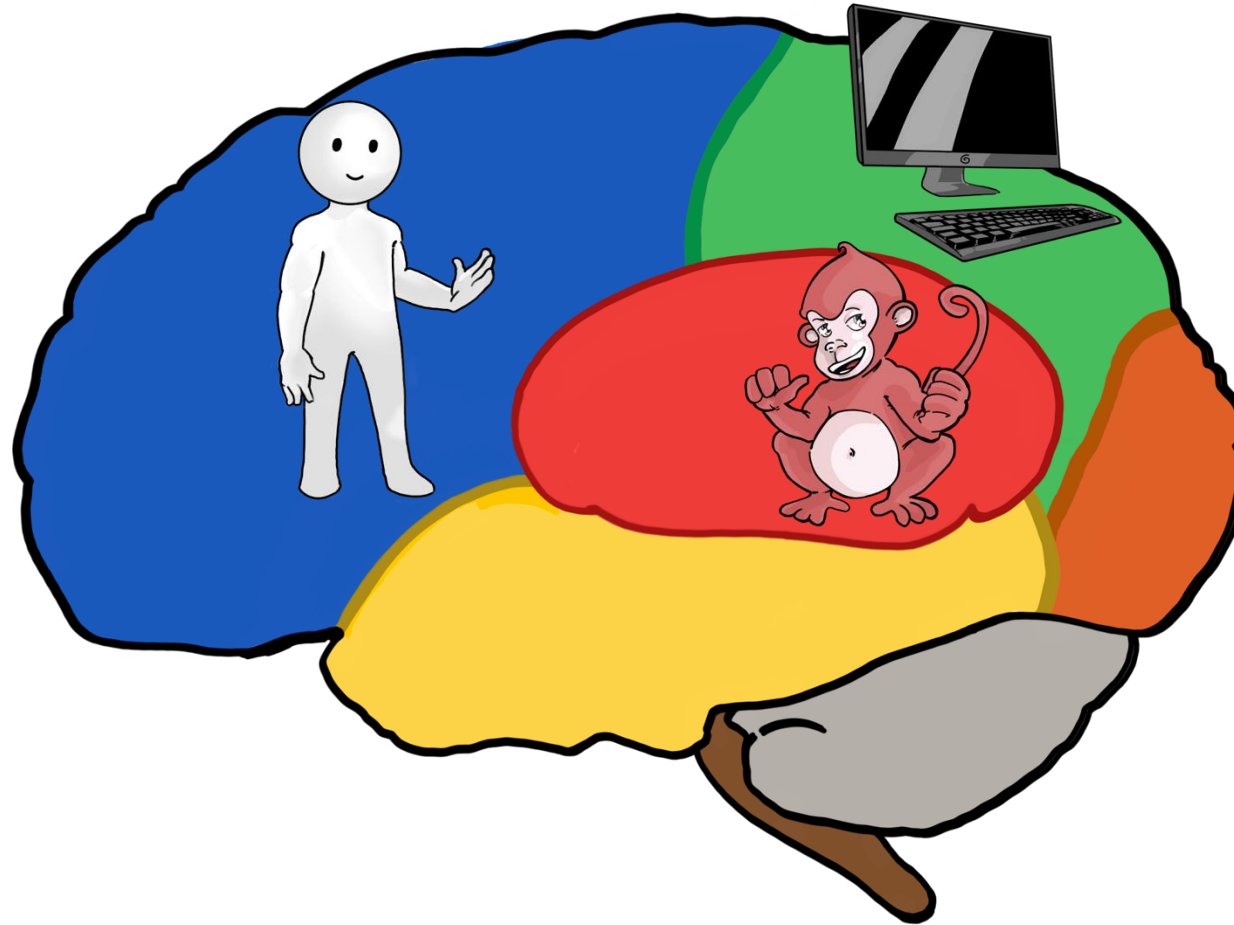
# The Human Brain



# The Human Brain

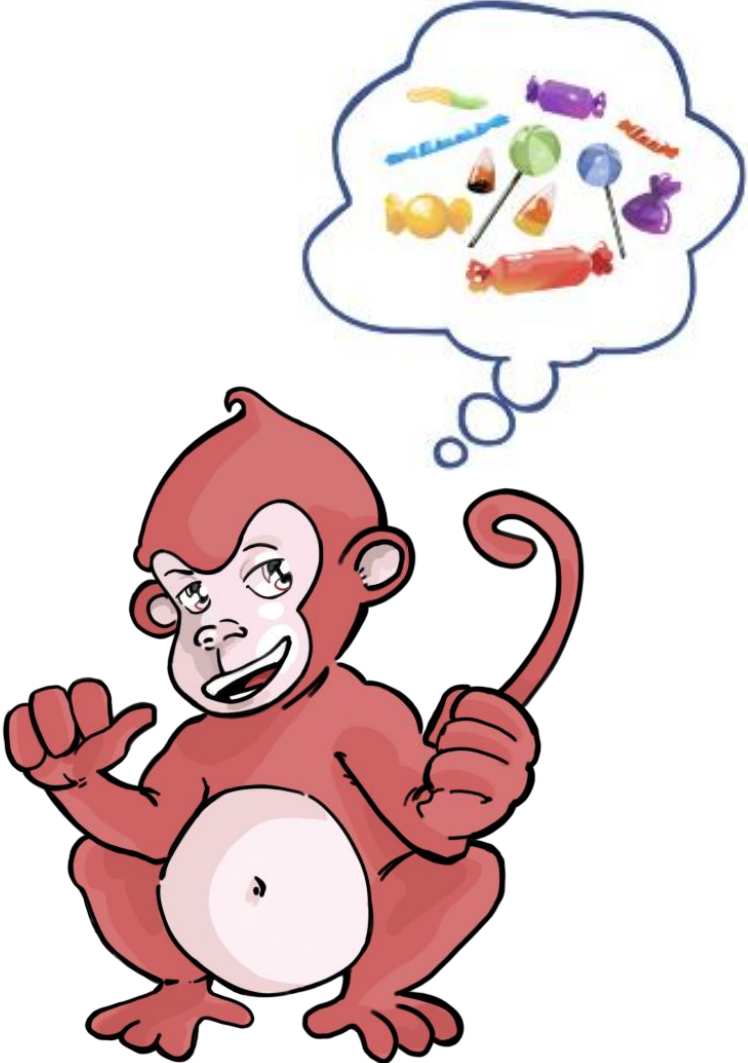
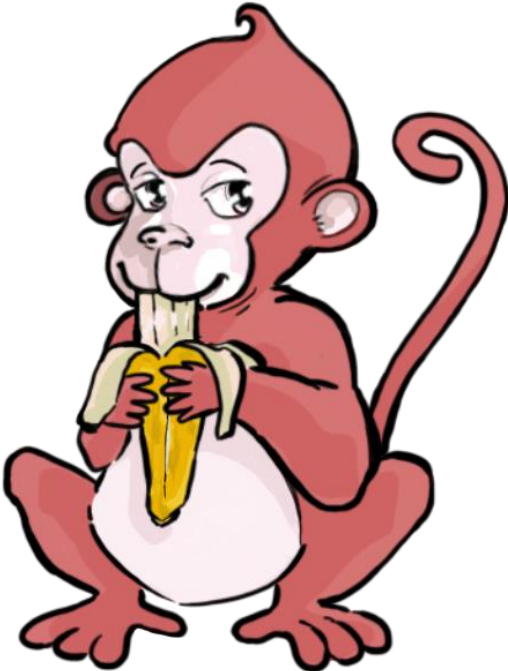


# The Human Brain

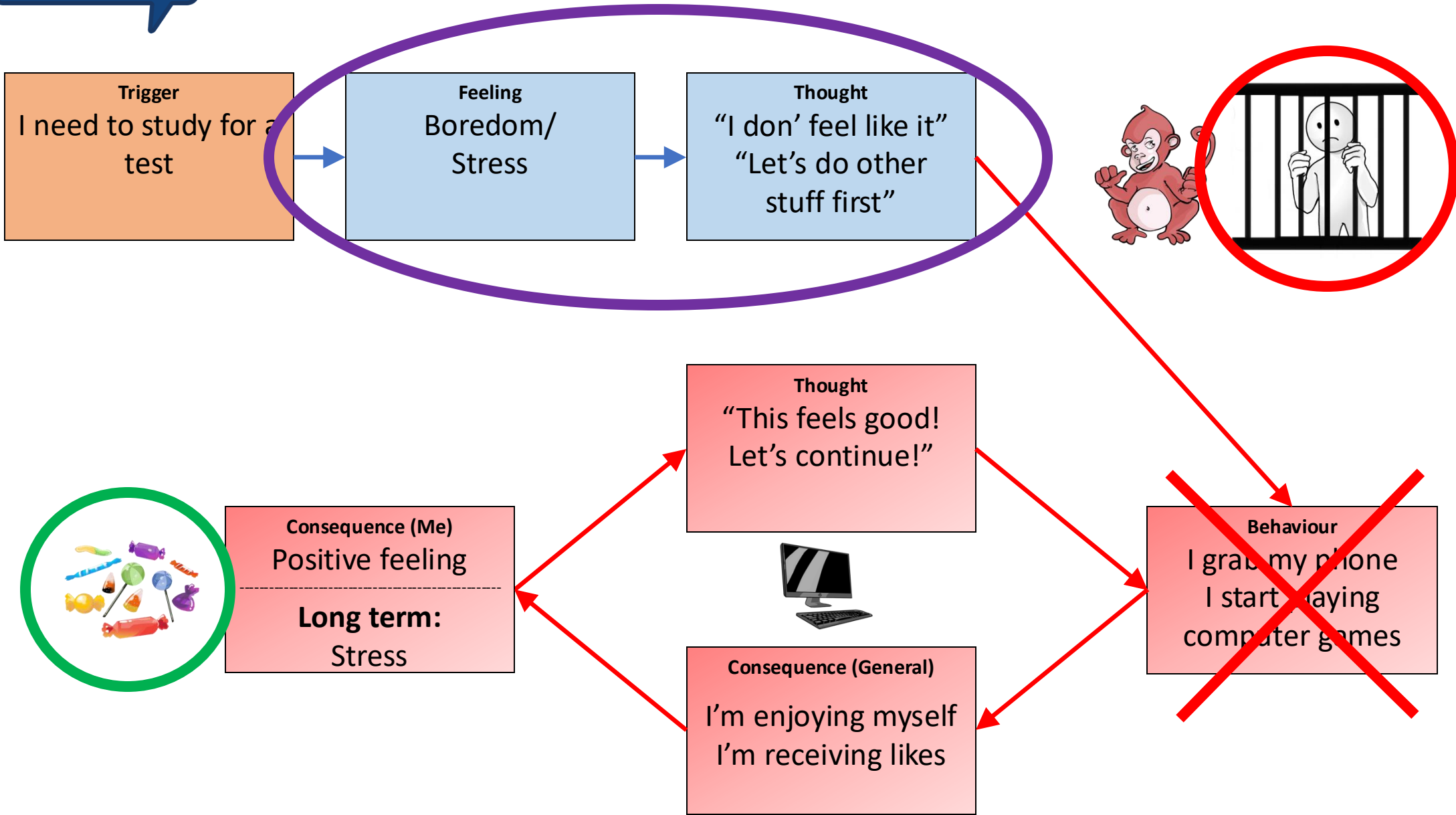


Peters, S. (2012). *The Chimp Paradox: The Mind Management Programme for Confidence, Success and Happiness*. London: Vermilion.

# The Human Brain



# Flight Pattern





# Practical guidance



## Providing rules and guidance

- Structure: What, where, when, how long?
- Clear agreements, boundaries and consequences
- Be consequent in enforcing the rules
- Guide them through their offline resistance
- Screentime in blocks instead of switching

## Comments

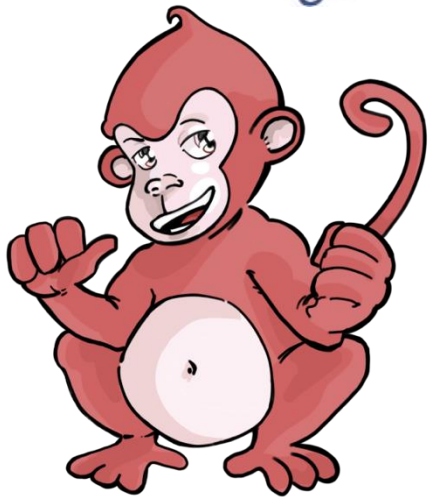
- Align rules with their preferences (if possible)
- Focus on the process rather than the result



# Digital Distractions



# Digitale Distractions





# Practical guidance



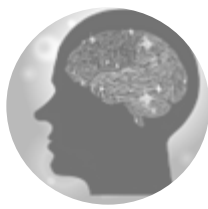
## ***Step-by-step plan***

- 1. Deepen your understanding of your son's/daughter's online world and the working of digital temptations*
- 2. If possible, connect with your son's/daughter's online world and especially the social context*
- 3. Work together to create a plan in which you, as a parent, set the boundaries of what is allowed/not allowed*



*→ Make sure to align to the family rules / the way of raising your children!*

# Social Influence and Addiction





# Addiction

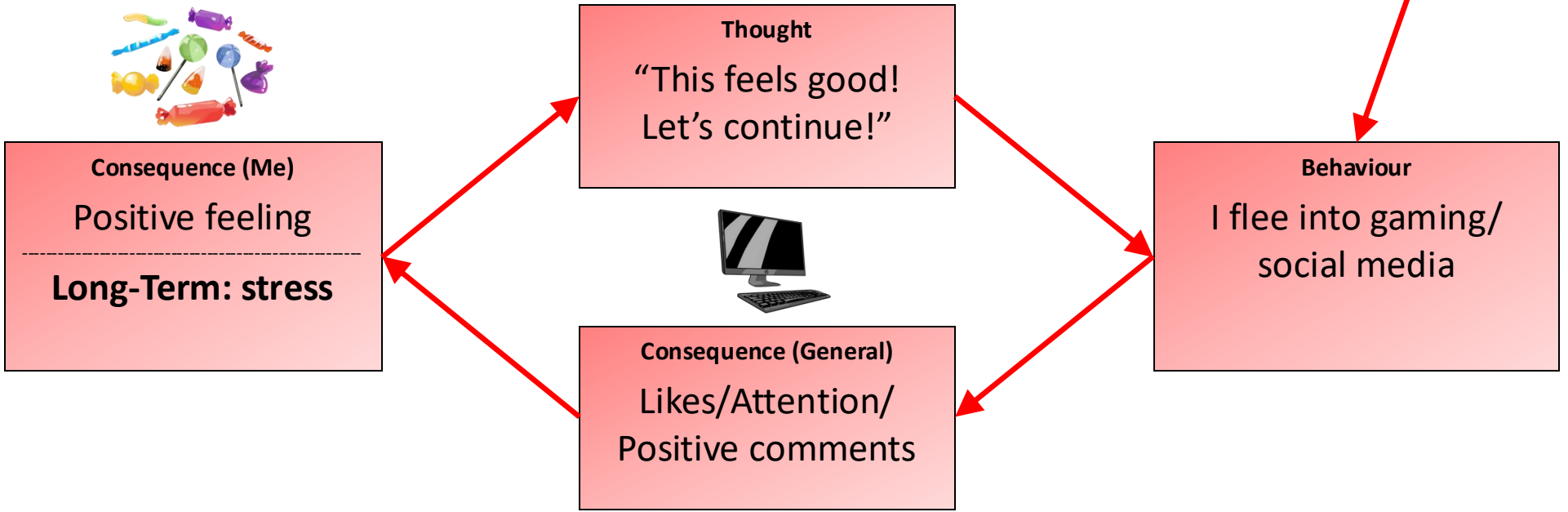
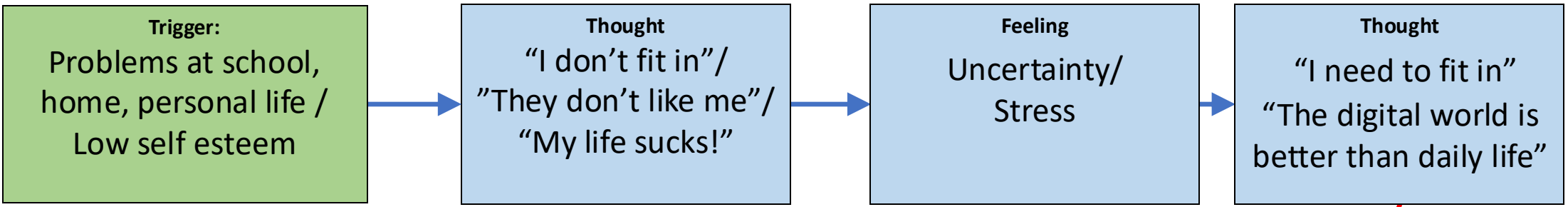
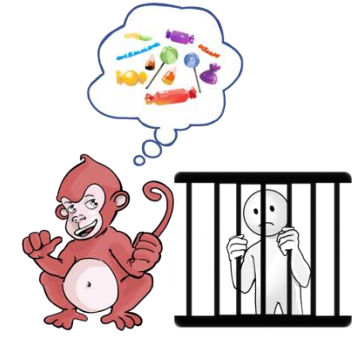


## ***Characteristics***

- *Impaired control over gaming*
- *Priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities*
- *Continuation or escalation of gaming despite the occurrence of negative consequences*

Source: [www.who.int](http://www.who.int)

# Addiction





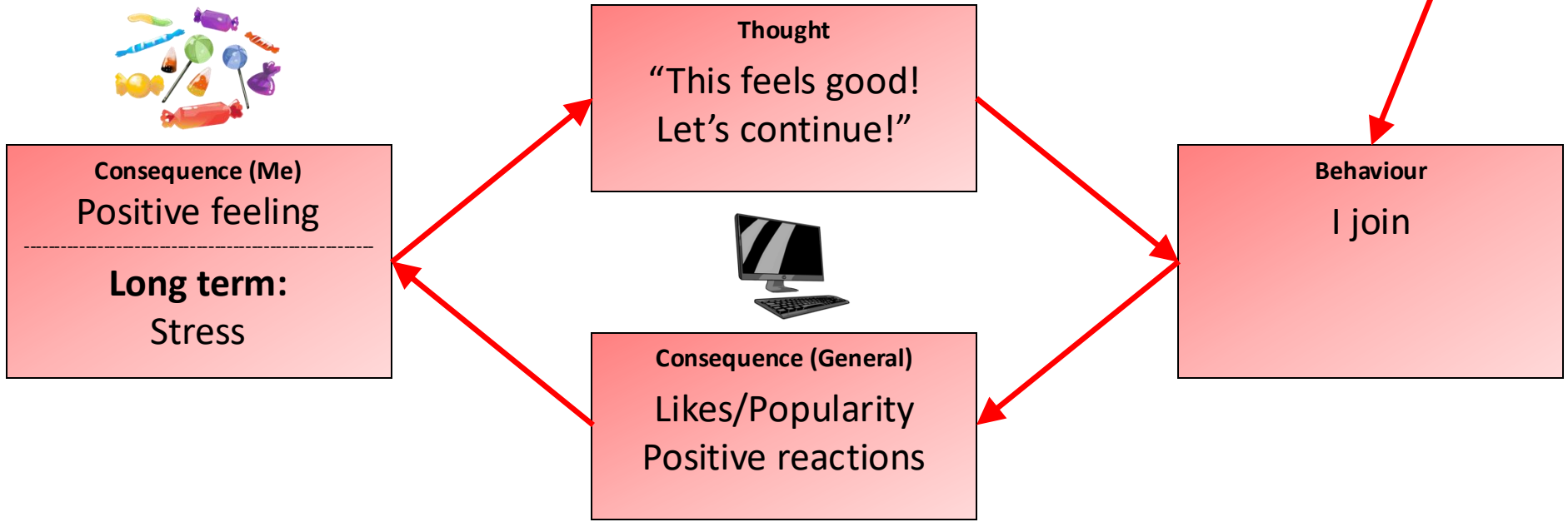
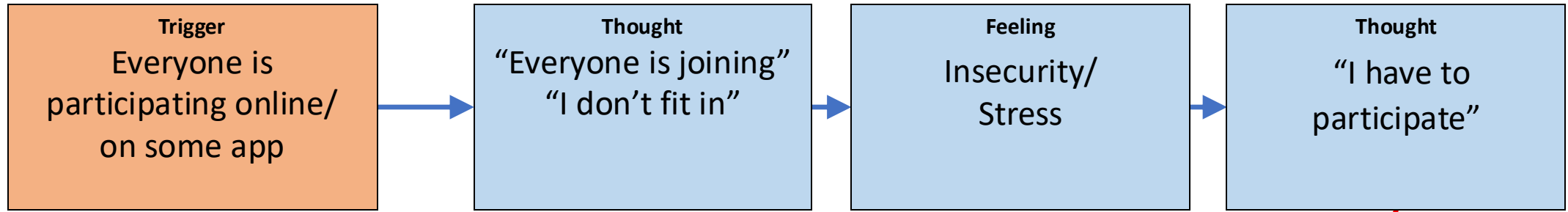
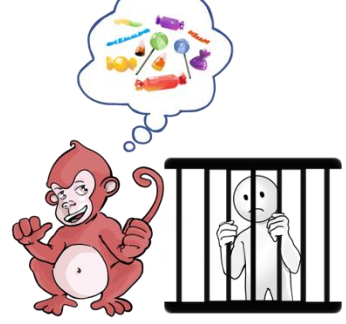
# Concerns and questions

*What concerns do you have about social media and games or do you have any other questions?*





# Social Influence



# Communication





# Communication

*I know what I'm doing. Stop worrying!*



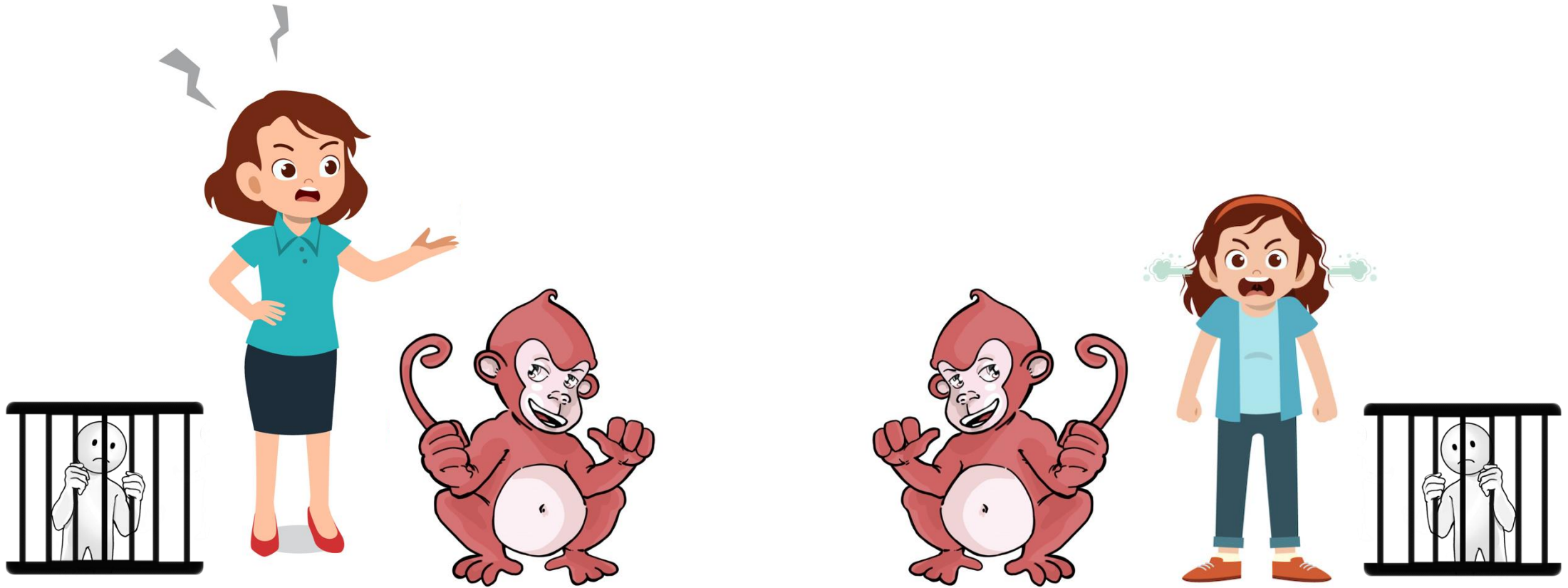
*I just like computer gaming, nothing wrong with that!*



*School is not that important. I'll make up for it!*



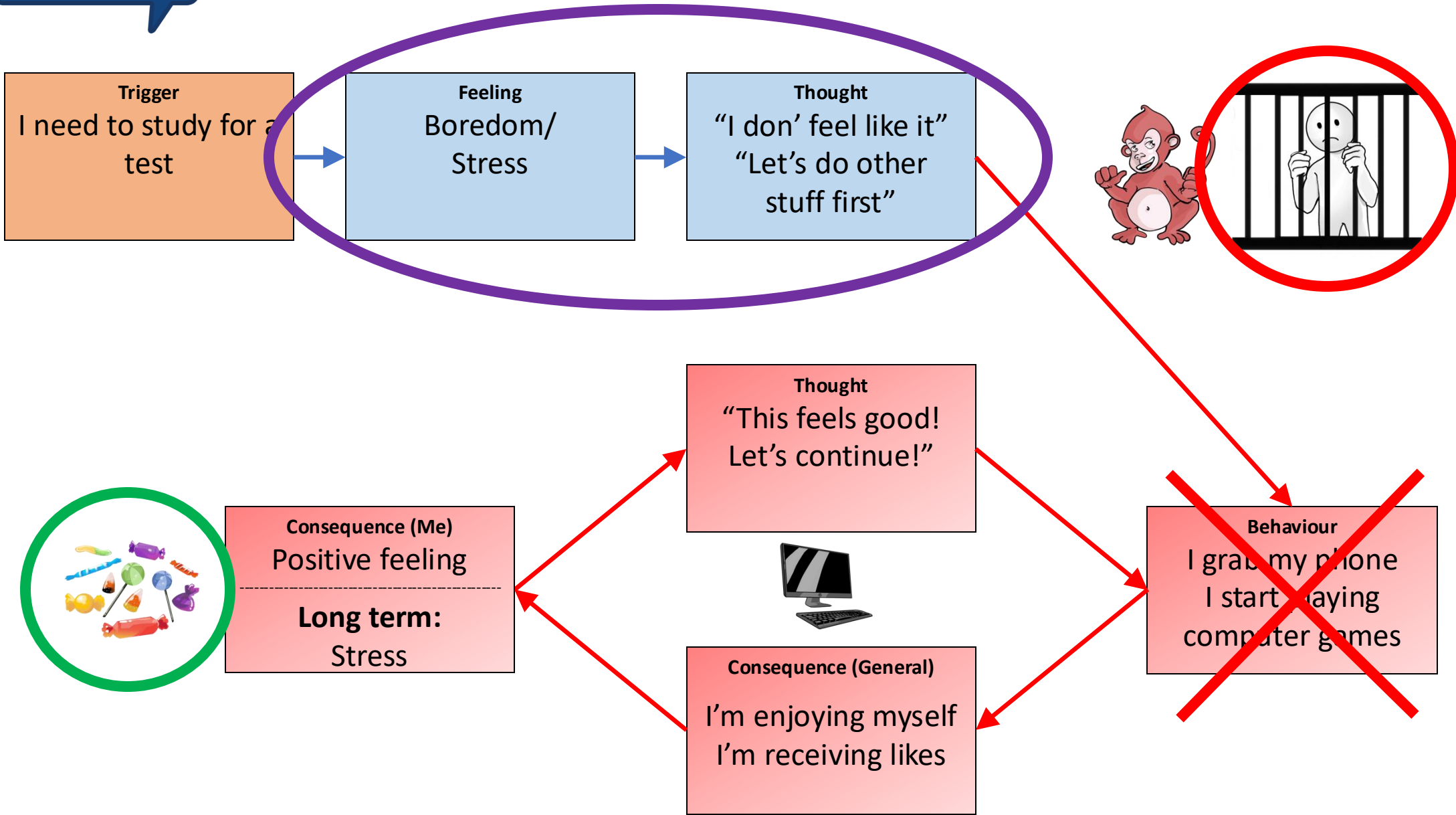
# Communication



# In Practice



# Flight Pattern

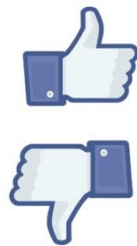


# How to connect?



## Connect to their needs

- Show interest and relate to their experiences
- Acceptance, empathy and connection
- Look beyond the frustration to their needs
- What do you want? vs. What do you not want?
- Use your own experiences/story to connect



## Comments

- Keep your own monkey under control!
- Always try to connect with the human
- Clarity can also come from connection



# Practical Guidance



## Support to enforce the 'Human'

- Goals and structure
- Clear agreements, boundaries and consequences
- Guide them towards personal responsibility
- Homework and sleeping without a phone!?
- Lead by example

## Comments

- Focus on the process instead of the result
- Step by step: practice makes perfect!
- Offline ideas: sports, music, geocaching, juggling, etc.

# Practical Guidance



## Practical Guidance

- 'Do not disturb mode. Kill notifications
- Focus periods and relaxation periods
- Alarm: to stay focused or to interrupt
- Clean and supportive working environment
- Use parental apps or focus/self-control apps

## Apps

- Parental apps: Google Family Link, Microsoft Family, Apple Screen Time
- Focus/self-control apps: <https://zapier.com/blog/stay-focused-avoid-distractions/>
- Or Google Self-Control. *(Use everything at your own risk!)*

# Practical Guidance



## Controlling the 'monkey'

- Make them aware of the monkey
- Interrupt the automatism
- Teach them to take the initiative themselves
- Encourage and reward if it goes well
- Keep your own monkey under control!



# Books (Dutch)

# Digital Awareness at work?

**Practical handbook for parents**

**Biography for parents and children (age 13 and older)**



**€ 21,95**  
incl. shipping

[www.digitalawareness.nl](http://www.digitalawareness.nl)